



MNPD NEWSLINE

THE OFFICIAL EMPLOYEE NEWSLETTER OF THE MNPD

March 9, 2007

News from the Chief

A top priority for our police department continues to be the recruitment and hiring of outstanding police officer candidates. I am very pleased at the progress of our recruitment efforts, which are being led by Lt. Michele Donegan. More than 100 men and women are scheduled to take the civil service exam and physical ability test on March 31. An additional 147 applicants, who have already taken the initial tests, are now in the background investigation phase of the employment process.

I must say how deeply I appreciate the tremendous work of our police officers who, over the past three years, have increased their self-initiated activity seven fold, while our net sworn staffing has remained essentially unchanged at 1,230 officers. Please know that we are working diligently to bring more officers on board. We have dedicated new resources in Recruitment and Background. Five part-time retired officers are working to speed the background investigation process. We now have a total of five full-time recruiters, up from three in 2005. We created a 15-second recruiting video that was shown last December on most screens at the Hollywood 27 movie theater. The ad will run during May, June, and July at Hollywood 27, as well as theaters at Opry Mills and Bellevue.

Our next police officer trainee class will begin at the academy on April 16 with between 35 and 45 members. Trainee classes are also scheduled for July 2 and October 1. Police officers and community leaders are invaluable in our recruitment efforts. If you know of young men and women who you think would make

outstanding police officers, please refer them to our web site, <http://www.police.nashville.org>, for detailed information on how to apply.

Bottom line: recruiting is on my mind EVERY DAY. Thank you all for helping us recruit quality candidates to the MNPd.

On February 28, I joined members of the Public Safety Coalition (police chiefs, sheriffs, and prosecutors from across Tennessee) in urging the General Assembly to enact legislation that would bring real, significant, and full prison terms to crooks with guns and violent gang members. Nashville police officers and our neighborhoods are fed up with arresting the same convicted criminals over and over again, as these individuals continue to make victims of our friends, families, children, and businesses. Because these dangerous and repeat convicted offenders are not being kept from returning to our neighborhoods, the hard work of citizens, police, prosecutors, and courts to convict these dangerous criminals is lost. It is simply an error to think that crime rates are a function of the police alone – with quality arrests and successful prosecutions we have made Nashville a safer place. Re-arresting the same dangerous, convicted criminals over and over is what is standing in the way of making us all as safe as we deserve.

The Public Safety Coalition's legislative package will be making its way through the committee process on Capitol Hill in the coming weeks. Please urge your house and senate members to please support these efforts to enhance the safety of our families.

I am tremendously grateful to the personnel of this police department, both officers and professional support staff, for your dedication and outstanding work. I am proud to be a member of the MNPd and work with such fine men and women.

Happenings



**Session 53 receiving instruction from Amanda Myatt,
LCSW Correctional Services Director for Mental Health Cooperative.**



**Session 52 participating in emergency vehicle operation training under
the watchful eyes of Officer Lawrence and Sergeant Haworth.**

You are invited to a
RETIREMENT RECEPTION

In honor of



Sgt. Phillip Sage and Officer David Reynolds
Celebrating 61 years of Metro Service

Tuesday March 13th, 2007
From 1100 to 1300
In the S.I.D. Briefing Room
942 East Trinity Lane

The Precinct News

Hermitage

Three teenagers who are either present or former students at McGavock High School have been arrested for burglarizing and vandalizing several portable classrooms at McGavock Elementary School.

The three are also suspected in burglaries at Pennington Elementary School, 2817 Donna Hill Drive, that were discovered on February 12, February 20, and February 26, as well as an additional burglary at McGavock Elementary on February 12.

The break in the case came when McGavock High School Resource Officers Mark Wells and Mitchell Burgess noticed a car in the high school's parking lot that very closely resembled a vehicle recorded by a surveillance system during one of the burglaries. That car belonged to a 16-year-old McGavock 11th grader. He was interviewed by Detectives Jeff Ball and Ricky Stewart and admitted to taking part in the burglaries.

Subsequent investigation led to the identification of the two other suspects, who are ages 15 and 17. They were arrested at the 15-year-old's home on Weona Drive. Stashed inside the home and in a backyard tree house were the fruits of the burglaries, including computer equipment, stereo equipment, and a variety of sports equipment.

All three teens were taken to juvenile detention on six counts of burglary and five counts of vandalism. The vandalism charges stem from the discharge of fire extinguishers at McGavock Elementary and the ransacking of the classrooms.

Proactive police work by newly-promoted Hermitage Precinct Sergeant Keith Stephens led to an interesting case outside the Mapco store at 465 Donelson Pike.

Sergeant Stephens stopped at the store after seeing a suspicious white Cadillac in the parking lot. He was talking to the 21-year-old driver and his 16-year-old passenger, when two 18-year-olds exited the Mapco wearing bandannas around their necks. According to the store clerk the pair left the market after they spotted Sergeant Stephens in the parking lot.

One of the teens dropped what appeared to be a handgun, and hurriedly kicked it under the Cadillac. All four suspects immediately surrendered after the gun was dropped and Sergeant Stephens took them into custody without incident. A black pellet gun was found underneath the car.

The two 18-year-olds were cited for a theft that occurred moments earlier at a Mapco on Stewarts Ferry Pike. The clerk said two men came into the store at 4:30 a.m. and dropped what appeared to be a black handgun on the floor before going into the stores' bathroom. The clerk hit the panic alarm and locked himself inside an office. The suspects came out of the bathroom wearing ball caps and bandanna's over their faces, but with no one to rob, stole a package of

cigars and left the store. The cigars were found inside the Cadillac at the second Mapco Express.

The driver was charged with contributing to the delinquency of a minor and unlawful use of drug paraphernalia. The 16-year-old was charged in juvenile court with curfew violation and possession of drug paraphernalia. The two 18-year-olds were issued state citations for contributing to the delinquency of a minor, theft of property, and possession of drug paraphernalia. Charges may be upgraded pending an investigation.

A concerned citizen reported three juveniles fighting outside a home on High Rigger Drive. Officers Paul Joyner, Ted Woosley, Richard Clark, and Ronald Steele arrived to break up the altercation and noticed a 1992 Toyota Camry parked in the middle of the street near the fight. The officers gathered information from the young men that led them to suspect that the Camry was stolen and that two of the juveniles had driven it to the scene.

Dispatch advised that the car was not reported stolen, but Officer Woosley decided to investigate further. Officers were able to locate the owner of the car who confirmed he had indeed reported the Camry stolen. Two juveniles were arrested for auto theft and a third juvenile was arrested for disorderly conduct. Several auto thefts in the Hermitage area may be cleared thanks to the officers' persistence in their investigation.

Officers Cedric Connolly and Cindy Huffines went to a University Court apartment to serve an outstanding probation violation warrant on Jermaine Gilchrist. He was not at the apartment, but the officers did see Anthony Fizer who was pretending to be asleep on a sofa. Fizer had a bag of marijuana in one hand and had his other hand in his pocket. Officer Connolly advised him not to move and while searching Fizer, found a 9-millimeter handgun in the pocket. Fizer had an outstanding warrant. Also found in the apartment was Falcon Hill who had an outstanding warrant. Hill was charged with possession of drug paraphernalia. On the way back from booking, Officer Huffines spotted Gilchrist. He ran away, but was quickly captured and taken into custody.

A man out on bond for felony drug possession, unlawful possession of a weapon, and evading arrest after a high speed police chase, February 12, is back behind bars charged in two home invasion robberies on February 24.

James Lening, 34, was lurking beside a woman's home in the Cleveland Hall Estates. As she drove into her garage, Lening started pulling on the car door handles threatening to kill her and her two year old son if she did not open the door. Lening tried to pry open the car window with his knife and then picked up an air compressor and repeatedly beat it on the driver's side of the car. The woman managed to back out of her garage and call for help.

Lening was quickly apprehended by Officer Phil Meador who was already in the area looking for Lening for his involvement in another nearby home invasion robbery attempt.

The woman positively identified Lening as her assailant. He was charged with aggravated assault and attempted aggravated robbery. He is being held in lieu of \$510,000.00 dollars bond.

South

Outstanding police work in Antioch led to the arrest of six teenagers who are suspected in a number of vehicle thefts, vehicle break-ins, and robberies.

The events began to unfold when South Flex Officer Neil Wolfe spotted a stolen 1997 Plymouth Voyager van parked at a convenience market on Haywood Lane near Antioch Pike. Wolfe called for backup. Officers moved in and arrested the two teens who arrived in the van. They are ages 15 and 16.

During questioning of the suspects, Officer Wolfe learned of other teens that were alleged to be involved in auto thefts and illegal activity. In fact, Wolfe was told of a group who planned to commit armed robberies in South Nashville with a BB gun during the overnight hours. That group was to pickup the two teens from the stolen van at a nearby bowling alley.

South Precinct officers and detectives, along with members of the police department's Auto Theft Unit, began watching the bowling alley parking lot. They soon saw a Geo Prism, which turned out to be stolen, pull through the lot and leave at a high rate of speed. The officers followed the car to a dead end off Apache Trail. The four teens inside bailed out and tried to flee. Two of them, a 15-year-old and a 16-year-old, were immediately caught. The two others, who are ages 16 and 14, were chased to a home on Panamint Drive where they climbed through a window. The two boys pretended to be asleep when officers entered the residence. Located inside the home was a backpack containing a number of satellite radio receivers, latex gloves, and cell phones. Inside the Geo Prism was a BB pistol that closely resembled a .44-caliber Desert Eagle pistol.

The teens were charged with a variety of offenses, the most serious, for now, being auto theft. The investigation into their activities is continuing.

Coordinated police work between South Precinct Flex officers and Gang Unit detectives led to last night's quick arrest of a convicted cocaine dealer suspected of committing an armed carjacking at Dover Glen Apartments off Murfreesboro Pike.

James Gregg, who lives in the apartment complex, was getting out of his 1997 Nissan Maxima when a man walked up to him in the parking lot, pulled a gun, and demanded the car. Gregg complied, but quickly notified the police department as the gunman drove off.

Officer Shaun Hardin heard the description of the car over his police radio and spotted it on Antioch Pike. The driver abruptly pulled into the dead end of Cherokee Court and fled on foot. Hardin gave chase while responding units established a perimeter. Gang Unit Detective Dwayne Greene spotted the suspect running behind a house on Lunn Drive. Detective Greene and Officer Neil Wolfe captured Isaac Imuetiyan Eguaeor, 20, of Liberty Drive in Murfreesboro, just after 8 p.m. Gregg immediately identified Eguaeor as the man who robbed him of his Maxima. Officers recovered a .38-caliber pistol on the floorboard of the car.

Gregg was elated at the recovery of his car and thanked the officers for their work.

Eguaeor is charged with carjacking, evading arrest, possession of a weapon in the commission of a felony, vandalism, and driving without a license.

Officer Kim Laymance was able to locate a man wanted on four outstanding aggravated child abuse warrants thanks to information developed by **Officer William Whitworth**.

A repeat sex offender is off the streets. **Officers Michael Helton and Michael Blanton** arrested a man from the Sex Crimes Most Wanted list.

Flex and Crime Suppression Unit officers teamed up to investigate a residence in the 1300 block of Pillow Street. A search warrant was issued for the home and 2,777 Dilaudid pills, 30 grams of cocaine, 20 grams of marijuana, digital scales, six weapons, and two vehicles were seized.

A search warrant was executed at a residence on Wallace Road. Officers were greeted by a gun-toting man who thought better of his actions, dropped his weapon, and ran into the bathroom.

A search of the apartment led to the seizure of two pounds of marijuana, drug paraphernalia, \$2,800.00 cash, and the handgun.

Officers determined the man with the weapon lived in an apartment below the target apartment. **Officer Joshua Blaisdell** did an excellent job of talking to the man who gave officers permission to search his apartment. Seizures in the search of the second apartment included 43 grams of crack cocaine, one weapon, and \$5360.00 cash.

Four people were arrested including a convicted felon.

East

Extra patrols on Lucile Street paid off with the capture of a suspected car thief. Officers stopped a stolen vehicle at Meridian Street and Gatewood Avenue. The driver was arrested for theft, driving on a suspended license, and criminal impersonation.

Officer Julian Pirtle stopped a vehicle at South 10th Street and Clearview Avenue for a seat belt violation. **Officer Pirtle** arrested a passenger on an outstanding warrant. The passenger also had a .38-caliber revolver under his seat.

An illegal drug operation was discovered by officers attempting to serve an outstanding warrant at the Days Inn on Dickerson Pike. **Officers David Washington, Julian Pirtle, and Curtis Hafley** knocked on a hotel room door and as soon as it was opened, they detected a strong odor of marijuana. The officers received permission to search the room and seized numerous Xanax, Lortab, and Valium pills. Also seized were three scales, a large number of plastic baggies, 2.7grams of cocaine, 1.8 grams of heroin, and 107grams of marijuana. Four people were arrested and charged with 16 felonies and eight misdemeanors.

Officers responding to complaints of drug dealing and prostitution on North 2nd Street attempted to stop a man as he left a vacant house. The suspect fled on foot, but was captured a short time later inside another vacant residence. The suspect was taken into custody. He had white crumbs around his mouth that tested positive for cocaine. The suspect also had two outstanding probation violation warrants.

Flex Unit officers arrived in the 2000 block of Rock City Street on a drug complaint to find four men loitering in front of a residence. There was a bag of cocaine in clear view. The four men were arrested. Seized were 4.8 grams of crack cocaine, two Ecstasy pills, and \$2,685.00 cash.

Officer Brad Bracey observed what he believed to be a drug deal in a parking lot at Trinity Lane and Lischey Avenue. He pulled over the driver of the suspect vehicle and saw marijuana residue inside the passenger area. The driver and a juvenile passenger were taken into custody. Seized were 2.5 grams of crack cocaine, 28 grams of marijuana, drug scales, and \$120.00 cash.

North

A convicted felon who was found guilty last year of attempted robbery and drug dealing is back behind bars as the result of his arrest on charges of aggravated robbery and probation violation.

Archie Henry, 22, of Buena Vista Drive, is accused of robbing an 18-year-old woman at gunpoint in a convenience store parking lot at 2600 Clarksville Pike.

North Precinct Officers Justin Pachciarz and Byron Carter arrested Henry after stopping a vehicle he was riding in for running a stop sign. Henry initially lied about his identity, but officers soon determined his real name and that he was wanted on two outstanding aggravated robbery warrants and for violating probation.

During a search of the car, the officers found a .45-caliber pistol under the seat of a 16-year-old passenger. The 16-year-old, who was arrested for robbery in 2005, claimed the gun. He was arrested and taken to juvenile detention on a charge of unlawful weapon possession.

Officer Matt Barnes stopped a vehicle for a traffic violation at Gallatin Pike and Due West Avenue. Officer Barnes discovered the passenger was wanted on an outstanding warrant for harassment. The driver also admitted he had a bag of marijuana. Officer Barnes seized 5.2 grams of marijuana and a pipe.

Officer Anthony Simonelic stopped a vehicle for a headlight violation. The driver was arrested for an outstanding warrant. A search of the vehicle turned up 28.1 grams of marijuana.

West

Crime Suppression Unit officers stopped a vehicle in an investigation at a residence on Elgin Avenue. Officers had information that the suspect was returning from Texas with a shipment of marijuana. Officers requested and obtained permission to search the suspect's vehicle where they found a large amount of marijuana hidden inside the gas tank. Officers arrested two suspects for possession of marijuana for resale and conspiracy to distribute marijuana.

A man is accused of approaching numerous people in Bellevue and identifying himself as a sheriff's deputy. Victims say Andrew Daniels attempted to pull them over by flashing his headlights. Officers T.J. O'Brien and Curt Capps responded to complaints about Daniels and found his vehicle parked outside an apartment complex. He was arrested when he tried to leave in his vehicle. Daniel's was charged with three counts of reckless endangerment, impersonating an officer, driving under the influence, and driving on a suspended license.

Officer Shane Shetler conducted a traffic stop at 24th Avenue North and Clifton Avenue for an equipment violation. Officer Shetler noticed a very strong odor of marijuana emanating from the driver who admitted he had just smoked marijuana. A subsequent search of the vehicle resulted in the seizure of 21 grams of marijuana and a set of scales. The driver was charged with possession of marijuana with intent to resale and possession of drug paraphernalia.

A search warrant was issued at a residence in the 4100 block of Media Street. Officers arrested the two residents and seized three pounds of marijuana, two grams of cocaine, one weapon, one vehicle, and \$5,000.00 cash.

Central

Lieutenant Andrea Swisher and Sergeant Jason Pierpoint noticed a man behaving aggressively toward people as he was asking them for money. Lieutenant Swisher arrested him for disorderly conduct. Further investigation revealed that he was an unregistered sex offender from another state. He was also charged with failure to register as a sex offender.

Excellent teamwork led to the arrest of a suspected drug dealer. Central Flex officers responded to a call for back-up at the University Courts public housing development to assist Hermitage Precinct officers with crowd control.

Central officers were leaving when they noticed a call was still pending about suspected drug dealing in the area. Hermitage officers were still continuing to work on the earlier incident so Central Flex responded.

As officers approached a group of people, one person ran away. Officers apprehended the suspect after a short foot chase and seized 15 grams of crack cocaine, a set of digital scales, and \$585.00 cash.

Officers continue to address quality of life issues in the downtown area. Several persons were offered rides to a shelter because of the cold weather. Officers also conducted business checks and traffic stops in their efforts to further reduce property crimes and improve traffic safety throughout the precinct.

Strickland Produce employees observed two men removing parts from an air conditioning unit located in a fenced parking lot at 5th Avenue North and Jefferson Street. The unit belongs to Strickland Produce located at 410 Jackson Street. The suspect entered by cutting the fence and loaded over \$10,000.00 dollars worth of scrap aluminum into a shopping cart. Officer Barbara Stewart and Officer David Gant found the suspects under the Jefferson Street overpass. Both suspects were arrested. Detective Richard Winfrey and I.D. also responded to the scene.

Background and Recruiting

By Lt. Michele Donegan

As of March 1, 2007, the only way to submit an application for police officer trainee, is online. Applicants can go directly to the Metro Government website at www.nashville.gov or they can find a link to the application process on the department's website at www.police.nashville.org

If an applicant does not have internet access, they may go to any public library or the following Career Centers.

Nashville Career Advancement Center – Main Office
621 Mainstream Drive , Suite 210, Ph # 615-862-8890

Nashville Career Advancement Center –Opry Mills
437 Opry Mills Drive, Ph # 615-514-9675

Nashville Career Advancement Center-South
3763 Nolensville Road, Ph # 615-741-3556

Online applications can be completed at the Metropolitan Government Human Resources office at 222 Third Avenue North, Suite 158. Business hours: Monday thru Friday, 7:45 a.m. to 4:00 p.m.

Below is a list of recruitment events. Many of you belong to civic groups, schools, churches, and other outside organizations. With spring just around the corner, many organizations will be planning block parties, picnics, job fairs, career fairs, and health fairs. I encourage you to keep Recruitment in mind and contact our office if you are aware of an event that we could participate in. Remember – you are our number one recruitment tool! So when you are approached by prospective candidates please encourage them to view our website at www.police.nashville.org or call the Recruitment Office at 862-7341.

RECRUITMENT 2007

January 2007

25 Fisk University (with West Precinct)

February 2007

13 Nashville's Career Fair (State Fairgrounds)

19 TSU Career Fair

28 TSU Criminal Justice Classrooms

March 2007

01 UT Martin Career Fair

02 IT Creswell Arts Career Day (rescheduled from 2/2 due to snow)

07 Murray State Career Fair

14 National college of Business and Technology

15 Hunters Lane High School (Career Fairs)

16 Whites Creek High School (Alumni Association)

27 ACAP Job Fair (Fort Campbell, KY)

April 2007

TBA Recruitment Open House at the Training Academy

3 UT Martin Criminal Justice Career Fair

Congratulations:

Officer Chris Gilder, Training, and his wife, Julie, are the proud parents of Lauren Elizabeth, born March 7.



In Prayers:

Officer Danita Marsh, North Precinct, as she continues her recovery.

Officer Joseph Haywood, East Precinct, as he continues his recovery.

Detective Rob Carrigan, Sex Crimes, as his four-year-old son continues chemotherapy treatments.

Condolences:

Bethany Michelle Underwood, infant grandchild of Officer Steve Underwood, Hermitage Precinct, passed away March 2.

Mrs. Ann Boyles, mother-in-law of Officer David Read, Hermitage Precinct, and grandmother of Police Officer Trainee Adam Read, passed away March 3.

Mr. Dee Ryum, father of Officer Steve Ryum, Hermitage School Resource Officer, passed away February 27.

Mr. Charles "Big Charlie" Hamilton, retired Metro Police officer, passed away February 23.

Mr. Charles Zimmerle, father-in-law of Sergeant Chip Pearson, East Precinct, passed away February 27.

The grandmother of Lieutenant James Huggins, East Precinct, passed away February 24.

Ms. Brenda Jumper-Reed, School Crossing Guard, passed away February 13.

FYI:

Officer Danita Marsh was accepted into one of the top spinal injury rehabilitation facilities in the country. She traveled to the clinic March 4 and will undergo six to eight weeks of intensive therapy.

The 100 Club of Nashville has committed to help Officer Marsh regain some of life's basic choices by financing the purchase of accessible housing and a specially equipped vehicle. Persons wanting to make a tax deductible contribution to assist Officer Marsh are urged to make checks payable to the 100 Club of Nashville and include the Marsh name on the memo portion. One hundred percent of the money donated will go to the Marsh fund. Checks can be mailed to The Hundred Club of Nashville, P.O. Box 190428, Nashville, Tennessee, 37219-0428.

Property and Evidence Hours of Operation Change

In September 2005 the use of property & evidence drop boxes began at all patrol precincts. Thanks to your cooperation, this change has been a major success and improved our ability to serve the men and women of the police department as well as continuing to provide access for private citizens to recover their property.

The Property & Evidence Division has reviewed data for the last six months of operation and determined that almost 50% of all property submitted to the Property Division are submitted by using drop boxes. The data also revealed that because of drop box usage, the amount of property actually brought to the Property Division after 1800 hrs or during the week-end is minimal. Based on this data, effective March 1st, 2007 the days and hours of operation for the Property Division will be Monday – Friday, 0600 – 1800 hrs. Any property or evidence submission after those hours or on weekends will be handled via a drop box or, when necessary, through the use of “call out” procedures.

We have converted the viewing room to an officer work room and given all sworn personnel card key access. Any item that will not fit in a drop box can be brought to the Property Division on Trinity Lane and placed in one of the secured lockers located in the officer work room for that purpose. We have added 17 various sized lockers to better serve you.

If an item won't fit in a locker or if there is currency over \$5,000, then “on call” personnel will respond to the Property Division. These personnel can be reached through normal call out procedures.

All paperwork should be attached to the outside of any property submitted so that Property & Evidence personnel can note on the MPD Form 110 Property & Evidence Report the date, time and drop box location the property was picked up from.

If you have any questions concerning this change, please contact the Property and Evidence Division.

Respectfully, Sgt. Neil M. Cook



This Month's Issue:

National Nutrition Month®: How to be 100% Fad Free®

Choose To Move: Understanding Exercise: Running

Tips on how to bring National Nutrition Month® to your department

National Nutrition Month®

National Nutrition Month® is celebrated nationwide as a month to promote nutrition education and awareness in the community. This year marks the first year that the Nashville Fire Department will recognize this event in its halls.

What is a nutrition fad?

We are constantly bombarded by nutrition fads in our media, magazines, and news. Nutrition fads are most often diets that limit or restrict a specific nutrient or pills that promise quick weight loss or increased muscle mass.

Look for National Nutrition Month® educational materials in your hall and support the 100% Fad Free lifestyle!



** Developed for the Nashville Fire Department Nutrition Program and utilized for Wise Moves

Choose to Move

Understanding Exercise:

Running

Running is considered a primary aerobic activity. Primary means that it is one of the most beneficial activities you can do for your heart. Running helps your heart to pump more blood with each beat, so it doesn't have to beat as fast.

In addition to increasing your heart's pump power, running has also been known to:

- ↓ Blood pressure
- ↓ Stress
- ↓ Risk of developing type 2 diabetes and other chronic diseases
- ↑ Good (HDL) cholesterol
- ↑ Bone density

Running can also burn a lot of calories (~300-400 per hour) so it is a key activity for many who want to lose or maintain their weight. Source: UC Berkeley Wellness Letter, May 2006, Vol. 22, Issue 5.

Wise Moves emphasizes the importance of daily aerobic activity! So, whether you walk, bike, swim, or run:

Train Smart and ENJOY it! By: Tara Beaver, MS

Tips to Participating in National Nutrition Month® in your Department:

- Keep a basket stocked with fresh fruits in a prime snacking location.
- Post heart healthy recipes in the break room.
- Have at least one vegetable per meal
- Pay attention to email flyers throughout the month.

** Developed for the Nashville Fire Department Nutrition Program and utilized for Wise Moves



Eat Heart Smart

Heart disease is a chronic condition that develops over time. While some are at a genetic predisposition for heart disease, there are many heart healthy nutrition choices that we can make to prevent its development.

FAT Cut back on saturated and trans fat by choosing lean meats and reading food labels. These fats increase bad cholesterol.

FIBER Use whole grain products and increase fruit and vegetable intake. Soluble fiber found in these foods can help lower your cholesterol.

FISH Eat fish two times a week. Fatty fish such as salmon contain omega 3 fatty acids which help raise HDL cholesterol. This type of cholesterol protects our arteries.

Source: American Heart Association: www.heart.org

National Nutrition Month® lasts 31 days...Turn this Fad into Your Lifestyle